

Mme. Adelina Patti, Past 60 Years of Age, Tells Why She Does Not Look to Be Over 35.

The Famous Diva Ascribes Her Lasting Youth to a Worryless, Methodical Life—She Has No Use for Cosmetics or Beauty Cures, but Finds Fresh Air and Exercise the Best Blood Purifiers and Complexion Improvers—Her Daily Routine of Living.

MME. PATTI INTERVIEWED BY NIXOLA GREELEY-SMITH.

ADELINA PATTI is over sixty. She looks thirty-five. She does not believe in cosmetics nor in face steaming, nor massage, nor any other beautifying processes. She does not worry. She eats what she pleases. She drinks tea, coffee and wine, and water. She walks three hours daily and believes in plenty of fresh air and exercise. She rises at 8 A. M., takes her bath, and goes back to bed, where she reads her morning mail, placing the letters she must answer on one side and those to which no reply is necessary on the other. She breakfasts at 9 o'clock, eating heartily of tea, bread and butter, fish or meat of some kind. After breakfast she writes letters and walks for an hour and a half. At 2 o'clock luncheon is served. The afternoon is devoted to walking and driving. Dinner is served at 8 o'clock and whenever possible she goes to bed at 10 o'clock. If there are many guests in the house and it is impossible to leave them so early, Mme. Patti, or the Baroness Cedarstrom as she is known in private life, does not retire till 12 P. M. But it is an inviolable rule at Craig-y-Nos, her castle in Wales, that every member of the household shall be in bed at midnight.

In the above brief summary are included the chief rules of diet and daily regimen which have made of the world's greatest singer, who appeared for the first time in New York forty-four years ago, the marvel and despair of women forty years her junior. When on Monday night Mme. Patti stood before an expectant audience and sang her oldest admirers and the new friends born of her first gracious bow across the footlights, by her unimpaired mastery of her art, critics and music lovers marvelled by what methods she has preserved her wonderful voice. But to women in the audience several more interesting problems presented themselves. They looked at the diva's wonderful gleaming shoulders, at the bare, unbroken line from chin to collarbone, and they asked themselves, and wanted to ask her, what combined magic of cosmetics and diet and exercise had preserved these charms. I asked Mme. Patti to tell me for them yesterday, as we sat in her apartments at the Savoy Hotel, made faint by too much sweet of roses, violets and orchids, sent by admiring friends, and the great singer smiled with that intense desire to charm, which is the power, and shrugged her fine shoulders and looked toward her husband, Baron Cedarstrom. "How do I preserve my beauty," she repeated; "the little beauty that God has given me," she added. "Why, I am happy, very happy and—by way of afterthought—"I walk three hours a day. Happiness and exercise are the only means I know of keeping one's youth. To-day they are almost unobtainable, though one without the other is of little value. "People ask me daily when they look at my face without a wrinkle—for I have not a wrinkle as you see—what I do to keep so young. I tell them that whenever I have felt a wrinkle coming I have laughed it away. "They can scarcely believe me. Women ask if I do not use certain creams,



Mme. Patti in 1861



7 Years Of Age

If I do not advocate face steaming, massage or any other artificial beautifying processes. They ask if I do not bathe in milk or mineral waters. One woman asked me if I did not bathe in champagne. I told her I never had used anything but plain water and that I thought champagne would smart and be very unpleasant. "As a matter of fact, I put nothing on my face, absolutely nothing. I do not believe in steaming or massage. I have never used either method. "I live a simple, healthy, methodical life at my place in Wales, and take plenty of exercise, walking three hours every day. "I believe in walking. It is the most beneficial form of exercise known—far better than the more artificial athletics learned in a gymnasium. "I eat in moderation, but of anything, my appetite suggests. "I drink tea, coffee and a little wine and water when I need it. I do not care for coffee, and only take it occasionally as a stimulant when my voice is tired from singing. "You want me to give you an idea of my life at Craig-y-Nos? By the way, the name of my place, contrary to all traditions in regard to Welsh words, is pronounced exactly as it is spelled. It means Castle of Night. When I first bought it it was suggested that I change the name to Craiger-y-Nos, which means Nightingale, but I preferred the old name of Craig-y-Nos. "I am a believer in early rising. At Craig-y-Nos I get up promptly at 8 o'clock and take my bath, which is of neither very cold nor very warm water. "Then I go back to bed and my mail is brought to me—oh, so many letters on all sorts of subjects, from all kinds of people, from all over the world. I read it, sorting the letters which must be answered on one side and those which do not require a reply on the other. "At 9 o'clock I am ready for breakfast, which is a substantial English meal, not the French mouthful of rolls and coffee. I eat tea bread and butter, fish or sometimes a chop or a bit of steak. "After breakfast I am ready for a walk and for an hour and a half tramp over the estate with Baron Cedarstrom or any friends who happen to be visiting us. My time until luncheon is spent in various ways, reading, writing or entertaining my guests. "I always lunch at 2 o'clock, and I eat anything I please. "Then Mme. Patti laughed. "No," she confessed, "not quite everything. Perhaps I am false to New York in saying so, but I can't eat lobster. It doesn't agree with me. "After luncheon we walk for another hour and a half and later the carriage is ordered and I take a drive. At one time I use to ride horseback, but since the injury to my knee some time ago I have given it up. Riding is, however, a most beneficial exercise—after walking, perhaps the best. "At dinner I take a little wine and water, and after dinner I amuse myself in various ways until bed time. What is my bed time? Why, 10 o'clock, whenever that is possible, and no matter what happens I am never up later than 12. At midnight everybody in Craig-y-Nos is in bed. "That is my daily life. It is very simple, is it not? I have lived simply always, and I have always tried to be happy and not to worry about anything. "Some one asked me last week if I was not a Christian Scientist and if I had not preserved my youth and voice by Christian Science. Such an absurdity! I am a good Catholic and I take advantage of the gifts God has given me. That is all. "My advice to the woman who wants to remain young is: Be happy—don't worry—walk! "I don't know why you should think me qualified to advise them, but I am pleased that my audience thought me young—did they really?"—and Mme. Patti smiled charmingly, affectionately. "What did I think of my audience? Why, it was an American audience."

LAST REQUEST. An amateur sportsman had mistaken a calf for a deer, and the calf was breathing its last. "Tell mother," gasped the dying martyr, addressing the sympathetic sheep, who stood near by, "tell mother that I died young." "What did I think of my audience? Why, it was an American audience."



Mme. Patti and Her Husband Baron Cedarstrom

Save the Babies.

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent., or nearly one-quarter, die before they reach one year; thirty-seven per cent., or more than one-third, before they are five; and one-half before they are fifteen! We do not hesitate to say that a timely use of Castoria would save a majority of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations, Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium or morphia. They are, in considerable quantities, deadly poisons. In any quantity, they stupefy, retard circulation and lead to congestions, sickness, death. Castoria operates exactly the reverse, but you must see that it bears the signature of J. C. Fitcher, Castoria causes the blood to circulate properly, opens the pores of the skin and allays fever. Genuine Castoria always bears the signature of J. C. Fitcher.

Sherlock Holmes. By A. CONAN DOYLE. A Study in Scarlet.

(Permission of George Munro's Sons.) SYNOPSIS OF PRECEDING CHAPTERS. A rich American named Dreber is found murdered in a deserted London house. Detective Lestrade and Watson call Sherlock Holmes in consultation to clear up the mystery. Holmes, dressed by a tall, thin man and go to interview the policeman who found the body. The policeman says that when he discovered the body the only living person in sight was a drunken cabman. Holmes declares this cabman was the murderer. The following morning Dreber's secretary, Joseph Stanger, is found murdered. CHAPTER III. The Capture. "I HAVE just come from Stanger's lodging," went on Lestrade. "He was found dead in bed. No marks were on the body. He seems to have died as Dreber died—by some mysterious poison. On the wall, above his head, was the word 'Rache' in letters of blood. A ladder stood outside the window of the room. The man's valuables were untouched, just as Dreber's were. So robbery was not the motive. Among his papers was a telegram. It was unsigned and read: 'Y. H. is in Europe.' "Was there nothing else that bore on the case?" asked Holmes. "Nothing. Except possibly a small box containing a couple of pills. Here it is." Holmes examined the pills carefully, analyzing each. "One of these two pills is perfectly harmless," he said at last. "The other contains one of the most deadly and quick poisons known to science. Pills of this latter sort killed Dreber and Stanger. There really is not much mystery about this case after all." Mr. Gregson, who had listened to this address with considerable impatience, would contain himself no longer. "Look here, Mr. Sherlock Holmes," he said, "you are already to acknowledge that you are a smart man, and that you have your own methods of working. You want something more than mere theory and preaching now, though. It is a case of taking the man. I have made a case out of it, and it seems a very strong case."

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